






## Lompoc Summer Food Service Program - Lunch Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6/8</b>  PBJ Sandwich Green Salad w/tomato, cucumber, Ranch Dressing String Cheese Fruit Snack, Orange Milk	<b>6/9</b>  Turkey & Cheese Sandwich with mustard Potato Salad Orange Cookie Milk	<b>6/10</b>  Chicken Salad Sandwich Green Beans Baked Chips Apple Milk	<b>6/11</b>  Ham & Cheese Sandwich with mayonnaise Granola Bar Cherry Tomatoes Pears Milk	<b>6/12</b>  Tuna Salad Sandwich Carrot-Raisin Salad Apple Baked Chips Cookie Milk
<b>6/15</b>  PBJ Sandwich Green Salad w/tomato, cucumber, Ranch Dressing String Cheese Fruit Snack, Orange Milk	<b>6/16</b>  Roast Beef & Cheese Sandwich with mustard Carrots Sticks Sun Chips Peaches Milk	<b>6/17</b>  Ham & Turkey Hoagie with mustard Trail Mix Apple Sauce Milk	<b>6/18</b>  Egg Salad Sandwich Pasta Salad Raisins Cookie Milk	<b>6/19</b>  Hard Boiled Egg Carrot Sticks with Ranch Goldfish Crackers Grapes Fruit snack Milk
<b>6/22</b>  PBJ Sandwich Green Salad w/tomato, cucumber, Ranch Dressing String Cheese Fruit Bar, Orange Milk	<b>6/23</b>  Turkey & Cheese Sandwich with mustard Potato Salad Orange Cookie Milk	<b>6/24</b>  Chicken Salad Sandwich Green Beans Baked Chips Apple Milk	<b>6/25</b>  Ham & Cheese Sandwich with mayonnaise Granola Bar Cherry Tomatoes Pears Milk	<b>6/26</b>  Tuna Salad Sandwich Carrot-Raisin Salad Apple Baked Chips Cookie Milk
<b>6/29</b>  PBJ Sandwich Green Salad w/tomato, cucumber, Ranch Dressing String Cheese Fruit Snack Orange Milk	<b>6/30</b>  Roast Beef & Cheese Sandwich with mustard Carrots Sticks Sun Chips Peaches Milk	 	 	

*These meals are made primarily from scratch. Fresh and frozen fruits and vegetables are served to your children to ensure that we influence good eating habits and provide the best possible nutrition. The only canned fruits and vegetables used are pineapple. Menu items subject to substitution when necessary.*



For recorded information about this program call 737-5785 or visit [www.healthylompoc.lvcho.org](http://www.healthylompoc.lvcho.org)

